



## Senior Lunch Sites – December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 ☆	4
	<b>Ms. Friday's Fish w/ Tartar Sauce</b> Baby Baker's Potatoes Whole Wheat Roll Mandarin Oranges	Corn Chowder / Crackers <b>Deli Sandwich on Wheat Bread</b> Lettuce/Tomato/ Mayo Pasta Salad Canned Fruit	<b>Sloppy Joe on Bun</b> Potato Wedges Blended Vegetables Fruit Turnover	Gumbo Soup/ Crackers <b>Holly Farm Chicken</b> Red Bean & Cajun Rice Peach Pie
7	8	9 ☆	10	11
<b>Turkey Pot Roast w/ Gravy</b> Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	Cream of Celery Soup/Crackers <b>Sliced Pork w/ Gravy</b> Rice Pilaf Oregon Blend Vegetables Tropical Fruit Salad	<b>Macaroni &amp; Cheese</b> 4 Way Salad w/ Honey Mustard Dressing Soft French Roll <i>*Jello w/ Fruit</i>	<b>Birthday Party</b> Vegetable Soup / Crackers <b>Chicken w/ Pesto Sauce &amp; Linguine Pasta</b> Winter Mix Blend Soft Breadstick Sliced Peaches	California Cream Soup/ Crackers <b>Cheeseburger on Bun w/ Lettuce/ Tomato/Onion/ Relish/Ketchup</b> Potato Wedges Chocolate Pudding
14	15	16 ☆	17	18
Split Pea Soup/ Crackers <b>Chicken Tetrazzini</b> Tri-color Rotelli Blended Veg. Cookie	<b>Beef Stew</b> Green Salad w/ French Dressing Cornbread Fruit Salad	<b>Holiday Party!</b> <b>Chicken Cordon Bleu</b> Redskin Mashed Potatoes French Cut Green Beans Parkerhouse Roll Strawberry Swirl Cheesecake	<b>BBQ Pork Rib</b> Baked Beans Coleslaw French Roll Applesauce	<b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes California Blend Vegetables Wheat Roll Fresh Fruit
21	22	23	24	25
<b>Meatballs w/ Swedish Sauce on Egg Noodles</b> Mixed Vegetables Sourdough Roll Apricots	<b>Chile Verde/ Sour Cream</b> Pinto Beans Spanish Rice Flour Tortilla Flan	<b>Roast Turkey w/ Gravy &amp; Cranberry Sauce</b> Stuffing Green Beans Whole Wheat Roll Seasonal Fresh Fruit	Farmer's Soup/ Crackers <b>Beef Tamales</b> Fiesta Mix Salad Spanish Rice Canned Fruit	<b>Happy Holidays!</b>  Westminster Senior Center Closed!
28	29	30	31	
<b>Happy Holidays!</b>  Westminster Senior Center Closed!	<b>Happy Holidays!</b>  Westminster Senior Center Closed!	<b>Happy Holidays!</b>  Westminster Senior Center Closed!	<b>Happy Holidays!</b>  Westminster Senior Center Closed!	<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 – \$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.